

ABSTRACT OF THE DISCLOSURE

A lens forming method in which an optical material 5 is placed between an upper mold 2 and a lower mold 3, and then, with the outer peripheries of the upper mold 2 and the lower mold 3 being constrained by a trunk mold 4, the optical material 5 is compressed between the upper mold 2 and the lower mold 3, thus forming a lens, characterized in that the outside diameter of the optical material 5 is 95% to 100% of the outside diameter of the upper mold 2 and the lower mold 3.

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